



\*PRESS RELEASE\*

**February 3, 2023**

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## Dungeness Crab: Oregon's Valentine to You

Do you love fresh Dungeness crab? We do! And now is the time to buy it, just in time for Valentine's Day.

Local markets will feature the wildly popular crustacean as the season is just getting going in Oregon. It's a great time to visit your local seafood or supermarket and get that Dungeness crab for you and the special people in your life for an exceptional dinner at home.

Or, let someone else do the cooking for you! Visit a local restaurant and order your crab right off the menu.

"Now is the time to go out and share the joy of Oregon Dungeness Crab with someone you care about," Oregon Dungeness Crab Commission Executive Director Tim Novotny said. "You will also be showing you care about your own heart health! A 3-ounce portion of cooked crab yields 19 grams of protein and contains important minerals and amino acids, including Omega-3, proven to lower blood pressure, strengthen immunity and even improve arthritis symptoms."

Information from the Oregon Department of Agriculture shows crab are ready for fishermen to harvest and ready for markets to feature for sale. The start of the season always features the biggest, best crab of the year. The best bet? Let a processor clean the crab for you so you don't have to mess with all the guts. Some fish markets will clean the crab for you so you get the best: The body full of meat and the crab legs that are the perfect topping for a [Crab Louie](#).

"Dungeness crab is a staple of life here on the Oregon Coast," West Coast Seafood Processors Association Executive Director Lori Steele said. "Enjoy it plain, with butter, in a crab sandwich or crab taco. Any way you crack it, Dungeness is the tastiest crab around."

**About ODCC**

The Oregon Dungeness Crab Commission's mission is to enhance the image of the Oregon Dungeness crab fishery through promotion, education, and research. We strive to assist our fishery as it works to ensure a healthy ocean by maintaining the structure, productivity, function, and diversity of the ecosystem. Our commitment is to a sustainable fishery with long-term ecological benefits that will increase opportunities for success.

**About WCSPA**

The West Coast Seafood Processors Association represents small and large processors involved in the processing of U.S.-caught seafood in Washington, Oregon and California. Collectively, WCSPA members process the majority of Dungeness crab, Pacific pink shrimp, groundfish (flatfish and rockfish) and Pacific hake (whiting) landed on the West Coast.

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